

February 10th and beyond

Shabbat, February 9th-10th—Congregation Bnai Yeshurun's Adult Education welcomes Rabbi Professor Avraham Steinberg as the Joseph N. Muschel Scholar in Residence. Friday night oneg at 8:15 pm: Modern Genetics and Halacha. Shabbat Drasha at the 9:00 am minyan in the New Main Shul. Shabbat following zman mincha: Personal Experiences with Gedolei HaDor on Medicine and Halacha. Motzaei Shabbat at 8:00 pm: War According to Halacha – Principles and Details; to include musical presentation by Chazzan Yaakov Motzen in memory of his brother, H"YD. For more information please visit www.bnaiyeshurun.org/adult-education.

Sunday, February 11th—Congregation Bnai Yeshurun's Beis Medrash Program presents two shiurim: 9:00 am: Rabbi Reuven Taragin "Israel at War: Feeling and Reflecting". 9:45 am: Rabbanit Shani Taragin "Military Might and the Message of the Menorah". Advanced Registration Requested. For more information and to register please visit www.bnaiyeshurun.org/Beis-Medrash.

Sunday, February 11th—NCSY Meorot 2024 performance "Redemption". 2 Shows - 11am & 3pm. Bergen County Academies. All women's performance featuring girls from all the local elementary & high schools. Link to buy tickets, summer.ncsy.org/meorottickets2024/. **TICKETS ALSO SOLD AT THE DOOR**

Tuesday, February 13th—"BMT Tuesday Parsha & Jewish History Shiurim Open to All". The Beit Midrash of Teaneck, located at JCT/Heichal HaTorah, 70 Sterling Place, Teaneck is open for its Winter Trimester, and welcomes the community, both men and women, to our weekly Tuesday shiurim on Parsha & Jewish History. This week's Parsha shiur (10:30-11:30am) will be delivered by Rabbi Michael Taubes of Congregation Zichron Mordechai. Our Jewish History shiur (11:45-12:45) will feature Rabbi Dr. Ari Lamm, of Bnai Zion Foundation, who will give a shiur entitled: "Rembrandt & the Rabbis". Rabbi Angel's Nach shiur - M/W @ 12:00 - is open to men and women. Rabbi Chaim Marcus's "Character Development Through Torah" – Wed @ 11:00 is open to women. Full BMT men's program – M thru W, 9:15-12:45. Please write to BMTeaneck@gmail.com for further details

Sundays, 10am—Located at Votee Park, regardless of weather, until all the hostages are home, "Run for Their Lives" takes place. Meet by the picnic tables on Court Street and Queen Anne Road. Adults and children are welcome. Walk/run one loop at your own pace, wearing red and black. For more information, go to run4lives.org/.

Wednesdays, 8:45-9:45am—Women's Only Yoga taught by Aja Cohen. Located at Different Breed Studio 418 Cedar Lane, Teaneck. Price: \$20 drop in class, class cards available. Whether you're a seasoned yogi or just starting your journey, this class is designed for every woman seeking a holistic approach to health and wellness. Email aja@transcendentactive.com with any questions.

JFCS is offering a group for Adults Who have Lost a Parent. The Group will meet virtually on Tuesdays, 12-1:15pm for six weeks beginning on **February 13th**. Luggage 4 Israel/Chaverim Bergen County, One University Plaza, Suite 117, Hackensack, collects essential supplies for Israel. Hours are from 10 am to 3 pm., Mondays and Thursdays. To purchase needed items, visit their registry by going to www.amazon.com/registries/gl/guest-view/3U8YRX387K1BL. Volunteers also are needed to pack supplies and do other tasks. For updated volunteer opportunities and supply needs, join their WhatsApp group by going to chat.whatsapp.com/Jm7XamwXhGd2Jcz8DudIT2. If you are flying to Israel and can take duffle bags with supplies for displaced families (baggage fees will be paid for), please complete the form at tinyurl.com/Luggage4Israel. For questions, contact luggage4Israel@gmail.com.

Howie Serman, a long time Teaneck resident beloved father and grandfather is fighting kidney failure. HE IS IN URGENT NEED OF A KIDNEY DONOR. It can be you!!!! To learn more about kidney donation or to see if you are a match, email RN25869@renewal.org or call 718 431-9831 ext. 315. Please keep him in your tefillot. His Hebrew name is Elchanan Leib Ben Bracha.

Please sign up for a tour of RYNJ! Sign up at RYNJ.org/tour or email Debra Popowitz, Director of Admissions, at welcome@rynj.org.

Experience Yeshivat He'Atid on a tour! Get in touch with Maya Dombroff to arrange your visit at admissions@yeshivatheatid.org.

Torah Academy of Bergen County Parent Association invites you to participate in our Goods and Services Marketplace. Purchase goods and services such as: gift cards, entertainment, fitness, tutoring, personal services, aesthetics, retail, baked goods, art, and much, much, more! Amazing raffle prizes... jewelry, tasting menu, and a vacation timeshare!!! All items for sale have been generously donated for this incredible cause! tinyurl.com/TAPAIIsrael. 100% of proceeds will be donated to Friends of the IDF, Magen Dovid Adom and United Hatzalah. Please email any questions to tapa@tabc.org.